

The Natural Pharmacy Newsletter

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In The News

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Energy Boosting Tips

Wouldn't it be nice to have the energy and endurance of a 16 year old? Even though we may love what we are doing and have a sense of purpose, it's impossible to have boundless energy all the time. Like some of you, as I've aged, I've wondered at times where my energy has gone. Stress, doing more with less, poor health, and unusual family responsibilities can sap energy. Sometimes we need some pointers on how to just get through the next hour of work or that meeting that we are dreading. Below are some tips that may help give you that extra boost you need.

1. Drink lots of water. For those of us over 60, dehydration is one of the major things that can lead to fatigue. Drinking drinks that contain caffeine and soda do not count when calculating the amount of water we drink. Coffee and tea are actually dehydrating. As a rough calculation to determine how much water to consume in one day, take your weight in pounds and divide by two and that's how many ounces of water you should consume in one day. Another idea might be to buy a sports bottle to carry with you. You might also make it a goal to drink a 4 oz. glass of water every waking hour.
2. Maintain a regular sleep schedule. It's not possible to stay up late and get up early and expect to wake up refreshed. If you decide to stay up late, try to do it on evenings where you can sleep in the next day. Your goal should be no less than six hours sleep per night with eight hours being the norm.
3. Get off the sugar and caffeine roller coaster. While most of us need a cup of coffee first thing in the morning, it should never be the substitute for a good breakfast. Oatmeal with berries and nuts and some protein (like a hard boiled egg or cottage cheese) is a great choice for a starter. Don't skip breakfast. It may be the most important meal of the day. If you are in a hurry you can try a protein bar (like our Protein Fusion) or an UltraMeal shake. Both of these are great choices if you need to grab something to eat as you go out the door.
4. Exercise regularly. I have people that apologize for "only" walking as their form of exercise. I'm thinking, "what great weight bearing exercise!". Taking the stairs instead of the elevator, parking further out in the lot, and walking at lunch are great pick-me-ups. Did you know that if you walk for 10 minutes three times per day it's the same as walking for 30 minutes all at once? So get out there and walk and feel the difference! It's also ok to stop and "smell the roses". In other words, it can also reduce stress.
5. Avoid negative people. I must admit it, there are days you should probably avoid me. My wife is the sunshine and I am sometimes the gloomy day. Have you ever had someone come up to you and dump their problems on you? When they leave you feel wiped out and the burden is so heavy that you look like it's difficult for you to

stand upright. On the other hand, there are people that make it their goal to bring light into your day. There is one guy that visits our store regularly that ALWAYS makes my day better. He is one of those unforgettable guys that you always admire and never forget. You can bet that if he is having a down day when he comes in, I'll do everything in my power to brighten his day as he has done mine so many times.

6. Take a 5-10 minute power nap at lunch. Try closing your eyes and visualizing a place that you have been that is the most relaxing that you can think of. Try to experience the sights, sounds, smells, and the way it feels. The other thing that works well for me is to combine the above suggestion with darkening the room and breathing deeply. Try inhaling as deeply as possible through your nose, holding for a slow 7 or 8 count, and then gradually exhaling through your mouth for a 10-12 count. Repeat this several times and you'll naturally relax.

Incidentally, that's some advise I received Andrew Weil while at a conference a couple of years ago.

7. Laugh more! Laughter is said to be one of the best forms of medicine. When laughing the brain secretes chemicals which trigger pleasure, peace, and happiness. I see so many people these days that just seem to need more joy, peace, and laughter. I always turn to Andy Griffith and Leave It to Beaver when I need a good laugh. Some of the old sitcoms are the best. Although your kids will act bored they are refreshing and you'll never have to worry about what the kids will learn. We had an incident this last weekend that will bring tears of laughter to my eyes every time I think about it. One of our dogs cornered a ground hog close to the house. I had our other dog out on a leash because she just had surgery to repair a ruptured disc. While I was trying to get the dog on the leash back in the house both ground hog and dog came roaring around the corner. As you can imagine we almost had two dogs, two people, and one very scared ground hog in an 8x12 room. Luckily they zipped on by me.

8. Eat healthy foods. Try a raw food diet for one week. This is a great time of the year to try this

since we have so many locally grown fruits and vegetables. Eating only raw fruits vegetables and nuts for one week and eliminating processed foods many times will significantly increase energy levels.

9. Pick appropriate supplements. A multiple vitamin that you take two times daily and appropriate amounts of vitamin D are essential for maintaining energy levels. Products like rhodiola and licorice (as found in Adren-All), Adreset, biotin, vitamin C and Phosphatidylserine (PTS) can help support adrenal glands and thus increase energy levels. For appropriate dosing and condition specific suggestions, please feel free to speak with on of our knowledgable staff.

A Plug For A Local Business

We had our grandkids (ages: almost 3 and almost 6) this past weekend. If you have grandkids you now how fun they are to be around (talk about laughter!). We like to do things with them that are fun and that stimulates their little minds. One of our customers has been active in helping to put together a Children's Museum right here in Mansfield. I'll bet you never knew it existed. It' is, in my opinion, one of the best kept secrets in the area. In the words of my 5 year old (soon to be six) grandson-it was AWESOME! Kids can play in different areas that depict various occupations and activities. There is a bank, grocery store, nursery, veterinary office, science lab, theater (complete with costumes), garden area, Lego area, and a place to make your own kind of music. Lumber was already laid out for a future tree house. I think our grandkids spent most of their time in the science lab pouring liquids from one container to another, all over the floor and all over themselves. The grocery store was also a hit. For more details check out littlebuckeye.org.



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